



DRUG DEMAND REDUCTION Newsletter



**Volume 1 Issue 5
May 2008**

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**We want to publish your
DDR stories in the DDR
Newsletter.**

**Send articles and photos
to:**

**Maj Lynn Stuart
sleds88@msn.com**

NHQ DDR Strategy Session

*By Michael Simpkins
Chief, DDR Program*

Team DDR,

On April 5, 2008, NHQ/DDR conducted a DDR Strategy Session with the National DDR Team Leader; Deputy National Team Leader; DDR Coordinators from the MER, NER, and SWR; and the DDR Administrator from Colorado Wing to strategize and develop initiatives to improve the DDR program. This is the third consecutive year we have conducted such a forum, and the results continue to be impressive.

This year's strategy session yielded the following ongoing and new initiatives: updating CAPR 51-1 to reflect the revised program elements, new funding process, specialty track, and wing of the year award; developing a DDR Excellence Program to spur DDR activity at the unit level; linking DDR with character development to help instill a drug-free mindset in cadets; finalizing National Board learning labs to integrate DDR with other CAP disciplines; developing a Quick Start Checklist to help new DDR officers energize their programs; updating promotional items to replace less desired items; and developing a long-term schedule to standardize DDR Teletraining.

I am excited about the direction of the CAP DDR Program and salute your support, no matter what level of support you provide. The summer is just around the corner, and we will have numerous opportunities to engage in a range of activities. These will help instill an aggressive, positive, drug-free attitude in CAP members, Air Force families, DoD civilians, and school-aged children. Much success!



From left to right: Mike Simpkins, Chaplain Gordon Rourk, Lt Col Steve Trupp, Sharon Haywood, Lt Col Rosie Brunner, Maj Lynn Stuart, Lt Col Jett Mayhew, Lt Col Bonnie Braun.

Not in My Backyard?

Major Lynn Stuart, CAP

National DDR Assistant Team Leader

Sometimes our members do not think of drug abuse or people getting high as a problem that directly effects our organization. I disagree. In fact, I believe that everyone in our organization will be impacted at some point in their life, either through a family member or friend. This is especially true for our cadets.

Almost everyday in the news media there is a story of a young person whose life was lost or destroyed in their quest to get high. Recently, there were two stories that really touched me. The students in these stories are from different states but have one thing in common. They both were what we often refer to as "good" or "exceptional" young people.

One article was about a 12 year old boy in Colorado, who possibly died while playing the Choking Game. The other article is about an athlete and honor student in an Idaho high school who was caught with cocaine in his possession on campus. One boy lost his life, the other may have destroyed his. With permission, copies of these articles are included in this newsletter on pages 3 and 4.

Colorado and Idaho are not unique in the fact that there are young people experimenting with ways to get high. This type of behavior has been going on for many, many years in towns all over the world.

In CAP, we also have "good" and "exceptional" young people in our Cadet program. We strive to teach them to make good choices. Sometimes, we forget that they are still teens who are susceptible to peer pressure and those age old adolescent mistakes. Even when our cadets make good choices, they are impacted by others who do not.

It is the Vision of the DDR program *"to be a leading force in America's drug demand reduction strategy through education and development of tomorrow's leaders in volunteer community service for a drug-free world."*

The DDR Program Mission statement reflects our position very clearly. It states *"The Civil Air Patrol Drug Demand Reduction Program assists squadrons, groups, wings, and regions to instill an aggressive, positive, drug free attitude in CAP members, AF families, DoD civilians, and school age children through a comprehensive program that:*

- *Promotes CAP as a positive community service lifestyle.*
- *Encourages youth to remain in school.*
- *Focuses on drug abuse education, prevention, and awareness.*
- *Provides positive activities as an alternative to drugs and gang violence."*

To realize our vision and accomplish our mission, we must first realize that "getting high" is everyone's problem, either directly or indirectly. The next step is providing education on the dangers and the impact it has on our units, families and communities. The NHQ DDR Website has tools and information to assist you in developing educational programs. The web address is http://www.cap.gov/visitors/members/drug_demand_reduction/.

Did you know that May is National Military Appreciation Month?

Well, that's why this is the perfect time to show how much you appreciate all the brave men and women in your life who are fighting - or who have fought to keep us safe and free.



Boy May Have Died From 'Choking Game'

Reprinted with Permission from the Durango Herald

http://www.durangoherald.com/asp-bin/article_generation.asp?article_type=news&article_path=/news/08/news080416_8.htm

By Shane Benjamin / Herald Staff Writer

A Miller Middle School student appears to have died accidentally Sunday evening at his home southwest of Bayfield as a result of a "choking game."

Preliminary autopsy results indicate that Josh Swaggerty, 12, wrapped a belt around his neck to restrict the outflow and inflow of blood and oxygen to his brain, said La Plata County Coroner Dr. Carol Huser.

However, Huser is awaiting the results of toxicology reports and reports from the La Plata County Sheriff's Office before certifying the death as an accident, she said.

Swaggerty was the son of Daniel and Ann Swaggerty. He is also survived by a brother, Ben.

Children sometimes play a choking game, whereby they apply pressure to their own neck or someone else's to deprive the brain of oxygen and blood.

This can result in a tingling or euphoric feeling. When pressure is held too long, a person will pass out. While the practice is commonly referred to as "the choking game," it has many other names, including the blackout game, knockout game, tingling game, cloud nine, Indian headrush and California dreaming.

Swaggerty was too young to know his actions could result in death, Huser said, so his death will likely be classified as an accident.

Had a young adult or full-grown adult engaged in such activity, Huser could classify the death as a suicide, she said.

"I don't believe a 12-year-old understands that this is a really, really dangerous thing to do," Huser said.

La Plata County Sheriff's Office Investigator James Locke said no foul play is suspected in Josh's death.

Restricting the carotid artery can cause loss of consciousness in 5 seconds to 15 seconds, Locke said, and it is used by law-enforcement only in rare circumstances to restrain violent suspects.

The arms and legs are first to go limp, he said, making it impossible for people to pull themselves up or to stand.

"If you do come back, you can be brain damaged because of the deprivation of oxygen," Locke said. "I never want to see this again in this community or anywhere else."

In an interview Tuesday, Josh's father said it is clear his son didn't understand the consequences of his actions, "and he made a fatal mistake when he attempted this so-called game."

"It's also obvious that he didn't learn this in a vacuum - that other kids have been exposed to it and participated in it in the past," Mr. Swaggerty said.

"Whether done alone or with others, it is a dangerous and obviously fatal reality, and the community needs to be aware that our children through growing up are not always fully aware of the consequences of their actions. We need to continue to educate them to make healthy and wise decisions."

"Obviously, the family was blindsided and completely devastated by Josh's loss, and we hope that in some way his loss can serve to educate and protect our children from this ever happening again."

Have you missed previous editions of the Drug Demand Reduction Newsletter?

Go to http://www.cap.gov/visitors/members/drug_demand_reduction/
and click on newsletters

More Kids Getting Drugs In School

Reprinted with permission from KTVB, Boise, Idaho

http://www.ktvb.com/news/localnews/stories/ktvbn-apr2408-drugs_in_schools.97c072fb.html



BY ALYSON OÜTEN



BOISE -- Drugs in schools is certainly not a new issue, but one that could be getting more serious in the Treasure Valley, and experts say your children are not immune. The recent arrest of a Meridian student is shedding light on this issue.

An athlete and honor student at Mountain View High School was caught with cocaine in his possession on campus.

"We're seeing an infiltration of these heavy drugs coming in like cocaine and heroin and meth," said detective Rob Fowler, school resource officer.

The statistics are staggering -- every day in America 15,000 students try drugs for the first time. These aren't kids from the other side of the tracks. Those on the front lines say these are students - good kids with great potential.

"This is a prevalent problem with our young people throughout the Treasure Valley," said Fowler.

As a school resource officer, Fowler has seen it first hand -- drugs on high school campuses, drugs affecting students from all walks of life.

"It doesn't matter their financial status, it doesn't matter where they live, it doesn't matter your race. Drugs can seep into anybody's family at any time," said Fowler.

Students we talked with were candid about drug use. This is a group of juniors, girls into academics, athletics and the performing arts. Good kids from good families.

"Have you guys experimented with drugs?" asked NewsChannel 7.

"Yes," they replied.

"What kind?"

"Mostly marijuana."

Fowler says marijuana is the most popular drug with students. Statistics show first time pot use usually occurs in middle school. And drug use triples between 6th and 8th grade.

"If we're waiting until high school to start to teach our kids about drugs or get serious about the drug education, we've missed the boat, we've gotten there too late," said Fowler.

Fowler says the call to action is becoming more urgent as cocaine and heroin become more prevalent and easier for local students to buy.

"We have to have some public education, we have to have some parent education," said Fowler. "Prevention is the way to go, I'd much rather work with a parent and spend six hours of prevention than six hours of booking their student into jail."

Fowler says the biggest obstacle to prevention is denial by parents.

The National Center for Addiction and Substance Abuse found that 80 percent of parents don't believe marijuana or alcohol is available to their children.

While concern over marijuana may pale in comparison to drugs like cocaine and heroin, some experts say it shouldn't.

A national survey on drug use says marijuana is 20 times stronger and more addictive than it was a generation ago.

The Choking Game

*Submitted by Paul Janssen, 2d Lt CAP
Drug Demand Reduction Officer
Rome Composite Squadron*

Webster's dictionary defines hypoxia as "an abnormal condition resulting from a decrease in the oxygen supplied to or utilized by body tissue".

Aircrews such as pilots, scanners and observers study the effects of hypoxia and ways to avoid it because of the inherent danger of passing out. Hence the use of the word "airplaning" as a synonym for the choking game.

Adolescents, who don't want to get caught using drugs or alcohol to get high, use the choking game to deprive the brain of oxygen and or blood and in doing so cause a partial or complete loss of consciousness. The title of this activity is far more reaching then one would expect.

This is one of the most deadly activities some adolescents are involved in. Any activity that deprives the brain of oxygen has the potential to cause severe brain damage. In the worst case accidental death is the result of it.

You may have noticed that I used the word GAME only twice, because in my opinion this is not a game at all but a practice which is a significant contributor to death and disability among juveniles. One study by the U.S. Centers for Disease control and Prevention (CDC) found sufficient evidence to indicate that since 1995 at least 82 youths between the age of 6 and 19 have died in the US as a result of this practice. How many deaths were recorded as suicide, how many injuries were attributed to a fall? They may all have started with willful deprivation of oxygen or blood to the brain.

The CDC encourages parents, educators and health professionals to familiarize themselves with the signs of this practice. These signs include: discussion of the practice, bloodshot eyes, marks on the neck, severe headaches, disorientation after spending time alone; ropes, scarves, and belts tied to bedroom furniture or doorknobs or found knotted on the floor; and unexplained presence of things like dog leashes, choke collars and bungee cords.

Some of the reasons for this deadly practice are: peer pressure, curiosity; it can induce a brief sense of euphoria and or intoxication. An underlying lack of knowledge about the deathly consequences could be another reason.

So if you want to get high, in altitude that is, take up rock climbing or even better, study your CAP regulations and become a scanner or observer.

To learn more about the dangerous consequences of the Choking Game

<http://www.chokinggame.net/>
<http://www.stop-the-choking-game.com/>



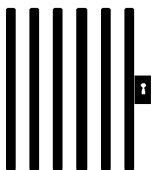
During the summer months there is a drastic increase in traffic accidents due to heavy traffic conditions.

Unfortunately, there are also a higher number of accidents caused by drinking and driving. Drunk drivers kill themselves, their passengers, people they do not know and even people they love.

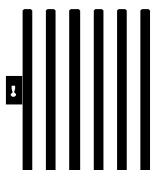
The period between early spring and September is a time large numbers of summer vacationers travel the roads. During the summer months one or more areas of Europe are on holiday! Drivers will need all their skills and abilities to handle this increase in traffic. This is not the time for anyone to drive while impaired due to drugs or alcohol.

If going out to celebrate, be responsible! Drinking as little as one drink per hour can impair your ability to drive and get you arrested for DUI.

One drink is considered one 12-ounce beer, one 5 ounce made with 1-½ ounce of liquor. The safest choice is not to drink at all or if you do drink have a designated driver.



IF YOU DRINK AND DRIVE YOU WILL GET TO SEE A FEW MORE BARS!!





Raising Drug Awareness One Mile At A Time

Red Ribbon Week Challenge

Because We Have Better Things To Do Than Drugs

Red Ribbon Week is in October, but the time to start making your plans is now.
It's time to think outside the box and come up with ideas on how we can spread drug awareness
"1 Mile At A Time"

Here are some ideas:

Pick a highway and tie a red ribbon on a tree every mile; contact a trucking company and have them tie ribbons on each of their trucks; go to rest stop areas and hand out ribbons; contact you state highway department to tie ribbon on their vehicles; ask if you can place ribbons on take home cards at your local Motor Vehicle Agency...ANYWHERE.

You can contact your local craft stores or florists to donate the ribbon, we're sure they would help spread the word, and may even put ribbons on their delivery vehicles, too.

Be creative and take lots of pictures.

Please be sure to look for updates on upcoming contests!

Iowa Wing Supports National Guard at Kidsfest

*Submitted by Lt Col Eric Schneider, CAP
IAWG Vice Commander*



On the weekend of 6-8 March, 15 members of the Iowa Wing assisted members of the Iowa National Guard's Counter Drug Task Force with a DDR booth at Kidsfest in Des Moines.

The activity was held at the state fair grounds, which are located approximately 10 miles from the Air Guard base at Des Moines Airport, home of the 132nd Fighter Wing.

There were over 17,000 people, who attended during the three-day event.

IAWG members contributed approximately 150 man-hours, helping to make hundreds of buttons with DDR messages, and also painting faces of hundreds of area youths, after they signed a "Drug Free" pledge.

An Excellent Time for an Impromptu Drug Demand Reduction Discussion

Submitted by Walter Murphy, 2d Lt., CAP

Drug Demand Reduction Administrator, MD Wing

PETERSBURG, WEST VIRGINIA- During a SAREX that was jointly held with the Maryland and West Virginia Wings of the Civil Air Patrol and the Maryland National Guard, a DDRO, TSGT Ira Kest CAP/ USAF (Ret.) from Frederick Composite Squadron, took advantage of 20 minutes of down time for the DDR program.

During a catered BBQ dinner the evening of April 20th, he held a discussion with approximately 10 cadets from various participating squadrons. The topic was Positive Peer Pressure, one of his favorite subjects.



He was asked why he picked that time for an impromptu DDR discussion. He said, *"It seemed to be the right thing to do."*

When he was asked how the discussion was received by the participating cadets. He remarked, *"It had a very positive impact."* He followed with, *"Don't talk to them, talk with them. You teach leadership and working as a team. You don't need to drum the message into them. You teach them how, to lead others away from the bad decisions, which lead them to drug use."*

TSGT Ira Kest traveling to Tipton Airport from Frederick, MD.
(Photo credit: 1st Lt Aaron Horton, CAP)

It sounded good to me, an excellent way to reach and help more people than you can see.



Maryland National Guard Blackhawks arriving filled with Civil Air Patrol Ground Teams at Petersburg, W.V. on 18-Apr-08
(Photo credit: 1st Lt. Jon Wiseman. CAP)

Tennessee Wing Promotes DDR at Air Show

Justin T. Adkinson, 1st Lt, CAP

Drug Demand Reduction Administrator, TN Wing

On April 12 and 13 the Tennessee Wing of the Civil Air Patrol participated in the 2008 Smyrna Airshow where over 20,000 people were expected to visit.

This was the first time the TNWG DDR has participated in a community event bringing to the Airshow the famous cadet "Cadet Ken." Cadet Ken was a hit with not only the crowd but the cadets as well. A local boy scout troop from Cleveland, Tennessee even wanted pictures with Cadet Ken, who was happy to be of assistance to the troop.

The Crowd had a chance to view the DDR Display which consisted of two drug identification kits, Fatal Vision Goggles where they got to walk a straight line to see if they could pass a field sobriety test as well as viewed a CAP C-182 with the G1000 Glass cockpit and the Regions GA-8 Airvan with Archer System. Cadets got a treat on Friday the 11th and Sunday by helping marshal aircraft in to parking including a F-18 Hornet, and a C-130.

"Cadet Ken is a great recruiting tool we need him at more events" stated Maj Jeff Wreyford the CAP Project Officer for the Airshow.

Cadets in NATCAP Wing's Andrews Composite Squadron Learn about Inhalants

Submitted by Major Juanita Sanchez-Carter

Drug Demand Reduction Officer, Andrews Composite Squadron

Using a variety of household products, Maj Jaunita Sanchez-Carter, discussed the hazards of Inhalants, the "Silent Killer" at a recent meeting of the Andrews Composite Squadron.

Many of the cadets were surprised to learn about the dangers associated with inhalants and the impact it has.

To learn more about inhalants visit <http://inhalant.org>.



Arkansas Wing DDR Program Success

Submitted by Capt Sharon Parrett

Drug Demand Reduction Administrator, AR Wing

Spring is definitely here and the Arkansas Wing has started it off with a BIG BANG. On 31 March, members of the 40th Composite Squadron (Hot Springs) and Wing DDRA Capt Sharon Parrett were active participants in a Town Hall Meeting to combat underage drinking in Garland County. The Garland County Community Cares Coalition (Coalition for Action, Recovery, Education, and Support) hosted the event with distinguished speakers including state and national presidents of MADD, a juvenile judge, state legislator, mental health expert and a representative of the AR Spinal Cord Commission. Cadets of the 40th were invited to be members of a brand new juvenile advisory committee being formed to address underage drinking in the county.



The meeting drew standing room only crowd of parents, educators, health care and mental health professionals, students, law enforcement personnel, substance abuse prevention/treatment and education workers and concerned community members. CAP volunteers were present manning the display table for CAP which drew interest and questions into the mission of CAP, it's role in substance abuse prevention, the invitation extended to the cadets and invitation extended to the Wing DDRA to speak at a family intervention group using videos from our resource room.

On 12 April the DDR tabletop display was again used at a Young Eagles event in Pine Bluff. Over 100 at risk middle school to high school students were present along with family members for a day of fun, flying and education. Among the various activities were a ground team demonstration, aerospace education, flight time, static display and DDR. The club drugs display board complimented our tabletop display unit. Handouts on prom safety, peer pressure, mixing drugs and alcohol use were given out. Materials obtained from SAMSHA for squadron use were shared with staff from the various schools to bring back and use with other students. Balsa airplanes with the CAP logo, DDR ballcaps along with handouts were given to each student. Extras were sent to the Monticello and Star City School districts (both in high risk areas). Teens Dying High in the ER video was shown with discussion following each showing. The discussion was varied and interesting with families and students and others learning much.

Spring has sprung with a new beginning for DDR in the Arkansas Wing.

Towson Squadron Supports the Community's Drug Awareness at Festival

*Submitted by Walter Murphy, 2d Lt., CAP
Drug Demand Reduction Administrator, MD Wing*

Towson, MD- The Towson Squadron of the Civil Air Patrol (CAP), promoted drug demand reduction while successfully recruiting new members at the annual Towson Town Festival on Saturday May 3rd. Captain Robert Goodman and 2nd Lt Patrick McManus partnered with the Maryland Wing's Drug Reduction Administrator, 2nd Lt Walter Murphy, to improve drug awareness in the community while supporting the Squadron and Wing recruitment objectives.

Twenty three cadets and senior members participated in the planning, scheduling and setting up of a display in front of the Maryland National Guard Building in Towson. Cadet orientation flight pictures were posted on a board to generate interest. Shifts were scheduled throughout the day and everyone worked together diligently. Brochures, pamphlets, flyers, posters and giveaways were distributed. Major Sproul, who had recently joined CAP along with his two sons, is a Communications Commander in the Air Force. He designed and provided a large banner for the Squadron which was proudly displayed. He has been a welcome addition to the Squadron.



Capt. Robert Goodman, Squadron Commander talk with Baltimore County Police Officers R.I. McCumber and D. Donovan , Crash Reconstructionists who want to try to partner with the CAP DDR program in the public schools.



2nd Lt Patrick McManus, pictured left, explained and described effective methods to the cadets for approaching individuals and recruiting them to the exhibit. He positioned himself in the center of the most visible spot at the fair and escorted several groups of people to the DDR exhibit.

Cadets dispersed throughout the crowd and passed out brochures to potential members while sharing their experiences of CAP. They did a tremendous job of representing the Squadron and presented a high level of maturity and professionalism during the day. They worked as a team and their efforts truly made a difference and ensured a successful activity.

(continued on next page)(continued from previous page)

Cadet Airman Basic Vallerie Davenport was very bold and charged right into the crowd. She approached prospects and encouraged many to visit the booth. "I have so many great things to say about CAP that it was easy to share my reasons for joining as well as the many fun and exciting things that I have been involved in", Davenport proudly stated.

2nd Lt Richard Zubrowski volunteered to work from set-up to close. He said: "I am so proud of our cadets. I know we have accomplished a lot today by getting exposure in our community and hopefully this will help us grow and build our squadron."

The Drug Demand Reduction display attracted a steady flow of people throughout the day. Fair attendees as well as law enforcement expressed a lot of interest. The fatal vision goggles provided the effect of impaired vision by drugs and alcohol. They were a lot of fun and most importantly provided the desired outcome. The inability to throw a ball straight or walk a straight line when impaired by alcohol or drugs left a dramatic impression. Many teenagers walked away saying they would never drive under the influence.

(Continued on page)



Cadet Basic Davenport attempts to hit the target while wearing fatal vision goggles. Safety spotters – Cadet C/SMSgt McManus and 2nd Lt. Murphy

(Continued from page 9)

2nd Lt Murphy said: "It makes me proud to see the Towson Squadron cadets take such an active role in the Drug Demand Reduction Program. I could not have survived the day without their active participation."

Captain Goodman, Squadron Commander, was very pleased with the spirit of volunteerism, the image presented by the Towson Squadron Cadets, the diligence in recruiting new members and the success of the Drug Demand Reduction Officers in promoting awareness in the community. He signed up an EMT, a pilot and, with the partnership of the DDR officers, two Maryland State Police officers stated their desire to join. There were also many potential recruits that showed a strong interest and said they would attend upcoming meetings. "We had a very productive and successful day. I want to express my heartfelt thanks for such a wonderful turnout and the nice job done by all".



Upcoming DDR Teletraining Schedule

Teletraining is a great way, from the comfort of your home, to learn the *ins and outs* of the DDR Program from NHQ staff and highly successful DDR team members. There is no travel, lodging, or additional meal expenses.....and you don't even have to wear a uniform.



For the convenience of members on the West Coast, we have scheduled the Teletraining sessions to begin at 9:00 PM CDT.

Each course runs about 60-90 minutes in length.

DDR Basics
23 May
9:00 PM CDT

DDR Budget Process
30 May
9:00 PM CDT

DDR Activities
6 June
9:00 PM CDT

To enroll in a Teletraining course, send an email specifying the course you would like to attend to Major Lynn Stuart at sleds88@msn.com. Classes fill up quickly, so register early. If the class is full, you will be notified and wait listed for the next available session.

Completion of these courses satisfies training requirements of the DDR Specialty Track.

Attention DDRAs: If you would like to schedule a session or series of sessions for your Wing, please send an email to sleds88@msn.com and we will see if we can set it up for you.



DDR Lesson Plans available at the NHQ DDR Website
(<http://www.cap.gov/index.cfm?nodeID=6971&audienceID=4>)

Are you still trying to figure out what to use to develop you next DDR program? Don't forget the lesson plans available on the NHQ DDR website.

What is CAP DDR Program and Why is it Important
Mentorship
Cocaine and Crack
Hallucinogens
Heroin
Inhalants
Alcohol and Tobacco
Marijuana

Methamphetamine
Oxycontin
Club Drugs
Ecstasy and Herbal Ecstasy
Performance Enhancing Drugs
Prescription Drugs
Non-Prescription Drugs

Attention Pilots: What does the FAA say about Medication and Alcohol?

From the Federal Aviation Administration's Official Guide to Basic Flight Information and ATC Procedures.

Chapter 8. Medical Facts for Pilots Section 1. Fitness for Flight

c. Medication.

1. Pilot performance can be seriously degraded by both prescribed and over-the-counter medications, as well as by the medical conditions for which they are taken. Many medications, such as tranquilizers, sedatives, strong pain relievers, and cough-suppressant preparations, have primary effects that may impair judgment, memory, alertness, coordination, vision, and the ability to make calculations. Others, such as antihistamines, blood pressure drugs, muscle relaxants, and agents to control diarrhea and motion sickness, have side effects that may impair the same critical functions. Any medication that depresses the nervous system, such as a sedative, tranquilizer or antihistamine, can make a pilot much more susceptible to hypoxia.

2. The CFRs prohibit pilots from performing crewmember duties while using any medication that affects the faculties in any way contrary to safety. The safest rule is not to fly as a crewmember while taking any medication, unless approved to do so by the FAA.

d. Alcohol.

1. Extensive research has provided a number of facts about the hazards of alcohol consumption and flying. As little as one ounce of liquor, one bottle of beer or four ounces of wine can impair flying skills, with the alcohol consumed in these drinks being detectable in the breath and blood for at least 3 hours. Even after the body completely destroys a moderate amount of alcohol, a pilot can still be severely impaired for many hours by hangover. There is simply no way of increasing the destruction of alcohol or alleviating a hangover. Alcohol also renders a pilot much more susceptible to disorientation and hypoxia.

2. A consistently high alcohol related fatal aircraft accident rate serves to emphasize that alcohol and flying are a potentially lethal combination. The CFRs prohibit pilots from performing crewmember duties within 8 hours after drinking any alcoholic beverage or while under the influence of alcohol. However, due to the slow destruction of alcohol, a pilot may still be under influence 8 hours after drinking a moderate amount of alcohol. Therefore, an excellent rule is to allow at least 12 to 24 hours between "bottle and throttle," depending on the amount of alcoholic beverage consumed.

May is The Last Opportunity to Enter the DDR Team Leader Contest!

Here are the contest rules:

DDR Form 2 Activity Report must be filed with a sign in sheet (must include CAPID number). For Community Outreach activities, the name of the contact should be listed on the DDR Form 2. This can all be done electronically. The DDR activity must cover one of the following: Education, Training and/or Community Outreach

REMEMBER YOU MUST HAVE A DDR CONNECTION!

The unit that REPORTS the most activities to ddrideas@verizon.net will receive 20 sports bags.

The DDR representative that conducted the LARGEST outreach program and have the metrics to support it will receive a DDR Watch. To be eligible, the DDR duty position must be listed in e-services.

This is a contest from your NHQ DDR Team Leader so please direct ALL QUESTIONS to ddrideas@verizon.net.

Enrolling in the DDR Specialty Track

All DDR Team Members are encouraged to enroll in the DDR Specialty Track. Recently, we have been receiving inquiries on how to enroll in the Specialty Track. The following information outlines the process for enrolling in Specialty Tracks.

The Senior Member Admin page is used to submit completed Specialty Tracks for commander approval.

To Submit a Specialty Track...

1. Select the desired member from the "Select a Member" drop down.
2. Below will appear the member's CAPID, organization, approved and pending Specialty Tracks.
3. Select the desired Specialty Track from the "Specialty Track" drop down.
4. Select whether if the member has completed all requirements for the selected Specialty Track.
5. Select a Specialty Track rating from the "Rating" drop down.
6. Select or enter the date the Specialty Track was completed into the "Date Completed" field.
7. Click the "Submit" button to submit the Specialty Track for approval.

Additional Notes:

- To clear mistakes and all fields, click the "Clear" button.
- After submitting a Specialty Track, the track will appear in the selected member's "Specialty Tracks Pending Approval" grid.
- An email will then be sent to the appropriate Commander for approval.
- The submitter of the Specialty Track will also receive an email notification when the Commander has approved or disapproved the Specialty Track.
- If the Specialty Track is disapproved, the Commander's email address will be included in the email so that you may contact them to discuss any concerns about their decision.
- The Specialty Track will remain in the "Specialty Tracks Pending Approval" grid until it is approved by the Commander, at which time it will be transferred to the member's "Current Specialty Track" grid.
- If the Specialty Track is disapproved, it will be deleted from the "Pending Approval Specialty Tracks" grid. All disapproved Specialty Tracks may be resubmitted at any time.
- To request a waiver towards the time check on Cadet equivalencies for the Cadet Programs Specialty Track, please contact Membership Services at 1-877-227-9142 for assistance.

The DDR Specialty Track Study Guide, CAPP 228, can be found in E-Services under CAP Forms and Publications.

DDR BY THE NUMBERS

DDR Duty Positions as reported in E-Services

	DDRC	DDRA	C/DDRA	DDRO	C/DDRO	Total
GLR	0	5		42	1	48
MER	1	7	3	72	9	92
NCR	0	3	0	27	1	31
NER	1	2	0	53	4	60
PCR	1	2	0	47	2	52
RMR	1	2	1	40	5	49
SER	0	3	1	38	3	45
SWR	1	5	0	46	4	56
Total	5	29	5	365	29	433

DDR Specialty Track Enrollment

	Region	None	Tech	Senior	Master	Total
	GLR	2	0	0	0	2
	MER	23	1	5	3	32
	NCR	13	6	0	0	19
	NER	21	2	6	1	30
	PCR	7	2	0	0	9
	RMR	11	5	1	3	20
	SER	12	6	0	1	19
	SWR	10	6	0	1	17
	NHQ	0	0	1	2	3
	Total	99	28	13	11	151